

# REGISTRATION INFORMATION



## Recreation & Leisure Services

**St. Peter Community Center**  
**600 South Fifth Street**  
**Suite 200**

**St. Peter, MN 56082**

### Contact information

Phone (507) 934-0667  
Fax (507) 934-1204  
E-mail [jenh@saintpetermn.gov](mailto:jenh@saintpetermn.gov)  
Web [www.saintpetermn.gov/recreation](http://www.saintpetermn.gov/recreation)  
Hotline (507) 934-0070 for cancellations, updates, and schedules  
City of Saint Peter

**St. Peter Recreation & Leisure Services Staff**  
Jane Timmerman, Department Director  
Lance Dlouhy, Program Supervisor  
Jennifer Harlow, Secretary  
Doug Wolfe, Lead Librarian  
Sylvia Perron, Senior Center Coordinator  
Sarah Hermel, Third Floor Youth Center Coordinator

### Registration

Online [www.saintpetermn.gov/recreation](http://www.saintpetermn.gov/recreation)  
In person **Monday–Friday, 8 a.m.–5 p.m.**  
Mail **Recreation and Leisure Services**  
**600 S. Fifth St., Suite 200**  
**St. Peter, MN 56082**

### Registration Information

1. Paid registrations are due at least one week prior to the start of the class.
2. **Community and Family Education Refunds:** Full refunds will be given when Community and Family Education has to cancel an activity due to low enrollment. Refunds, less a \$3 fee, will be given if a person withdraws from a program prior to the registration deadline. Refunds will not be granted if a request to withdraw from the program is made after the registration deadline has occurred. **Recreation Department Refunds:** Full refunds will be given when the Recreation Department has to cancel an activity. Refunds, less a \$3 fee, will be given if a person withdraws from a program prior to the start of the program or by the registration deadline. Refunds will not be granted if a program cancellation is made after the program has begun. (Exception: injury or illness.)
3. U-Care is accepted for **Community & Family Education classes (only)**. Proof of coverage is required. Class payments vary based on your coverage. Please contact 934-3048 for more information.
4. Adults with disabilities are invited to take part in the classes and activities of this brochure. With a ten-day notice, we will make every effort to provide everything necessary for an enjoyable experience. To find out more, please contact **Community & Family Education (934-3048)** or **Recreation and Leisure Services (934-0667)**.

**Please note:** Any opinions or viewpoints that are discussed during a class, event, or activity are directly from the instructor or event organizer and may not represent the philosophy or viewpoints of Saint Peter Community and Family Education or St. Peter Recreation and Leisure Services.



**Saint Peter Community & Family Education**  
**St. Peter Community Center**  
**600 South Fifth Street, Suite 207**  
**St. Peter, MN 56082**

### Contact information:

Phone (507) 934-3048  
Web [www.stpetercommunityedonline.com](http://www.stpetercommunityedonline.com)  
Weather Line 934-3048, ext. 411

### Saint Peter Community & Family Education Staff

Tami Skinner, Director  
Ytve Prafke, ECCE/SR Coordinator  
Tracy Stuewe, Secretary  
Lori Oachs, Programs Assistant  
Amanda Rathman Edwards, SAC Coordinator  
Hannah Karlsrud, Aquatics Coordinator

### How to register:

In person **Saint Peter Community Center**  
**600 S. Fifth St., Suite 207**  
[www.stpetercommunityedonline.com](http://www.stpetercommunityedonline.com)  
Phone (507) 934-3048, x. 0

### OFFICE HOURS:

**Mon.–Thu. 8 a.m.–4 p.m.,**  
**Fri. 8 a.m.–Noon**  
**Our office will be closed on:**  
**Sept. 5, Oct. 20 & 21, Nov. 24 & 25,**  
**and Dec. 23–Jan. 2**

Like us on Facebook at: [StPeterCommunityEd](https://www.facebook.com/StPeterCommunityEd)



**Look for this symbol**  
Watch for the Recreation and Leisure symbol in the activity description and the red type—letting you know that you need to register for this activity through the **Recreation & Leisure Services Office, Suite 200**.



**Look for this symbol**  
Watch for the Community Education symbol in the activity description and the black type—letting you know that you need to register for this activity through the **Community & Family Education Office, Suite 207**.

### Room abbreviation Code:

**SPCC = Saint Peter Community Center**  
**SPHS = Saint Peter High School**

# Youth General Interest

## children, youth & teens

**Scholarships:** Saint Peter Community & Family Education has youth scholarships for families who may find that the full registration fee for an activity is a hardship. To be eligible for a youth scholarship, an individual must have a financial need and reside in the Saint Peter School District or participate in the open enrollment option for the district. To receive a scholarship application, call 934-3048 or stop by the office in room 207 of the Community Center.



### Watch Me Draw! Draw Like a Pro

**Watch Me Draw Staff**  
**Grades K–2: Thu., Sep. 22–Oct. 13, 2:45–3:45 p.m.,**  
**South Early Learning Center Art Rm.,**  
**\$41 CY-F01**

**Grades 3–6: Tue., Sep. 20–Oct. 11, 3–4 p.m., North**  
**Intermediate Art Rm., \$41 CY-F02**

Boost your creativity with the awesome techniques and cool effects that you will learn in this class! Create frame-worthy art each week as you learn the secret of drawing horses, design a medieval castle, and use graphic design to style a pair of cowboy boots and more! You'll take home a finished masterpiece after each class while exploring a variety of styles and subject matter. (Min. 6, max. 20. Register by: Sep. 12 for either)

### Watch Me Draw!

#### Cupcakes Dazzled & Jeweled

**Watch Me Draw Staff**

**Grades K–2: Thu., Nov. 17, 2:45–4 p.m., South Early**  
**Learning Center Art Rm., \$18 CY-F03**

**Grades 3–6: Mon., Nov. 14, 3–4:15 p.m., North**  
**Intermediate Art Rm., \$18 CY-F04**

Create larger than life size cupcakes out of clay! Sprinkles out of glitter, frosting with paint and a serving plate designed with jewels! This is one of our favorite projects and is sure to be a keepsake creation for you! It is messy so dress for extreme fun. (Min. 6, max. 20. Register by: Nov. 7 for either)

### Watch Me Draw! Parent-Child Picassos!

**Watch Me Draw Staff**

**Sat., Nov. 5, 10–11:30 a.m., SPCC Rm. 119, \$27 CY-F05**  
**Ages 5+ with an adult:** Paint on canvas with a favorite grownup! There is no experience necessary, as we'll guide you step-by-step in the creation of your own masterpiece. Each of you will paint your own mug of cocoa or coffee using acrylics on a 9x12 canvas board. Join us for a fun day creating in a relaxed a non-competitive environment. You will be amazed at your very own work of ART! (Min. 3 pairs, max. 8 pairs. Register by: Oct. 31)

### Watch Me Draw! Too Messy for Mom!

**Watch Me Draw Staff**

**Sat., Nov. 12, 10–11 a.m., SPCC Rm. 119, \$17 CY-F06**  
**Ages 3–6:** Let's use paint, glue, buttons, jewels and glitter to create a fun fall kite scene on canvas! Take home this adorable creation and capture your child's art forever! The project will include sponging, painting, and arranging items on the canvas with glue. Your child will love all the options and the mess! (Min. 5, max. 12. Register by: Nov. 7)

### Watch Me Draw! Make a Fairy House

**Watch Me Draw Staff**

**Sat., Dec. 3, 10–11:30 a.m., SPCC Rm. 119, \$22 CY-F07**  
**Ages 5+: Make your own fairy house out of clay!** You'll have endless options for designing your creation. Jewels, rocks, moss, glitter, flowers, paints, and many more items will be available to create with. Guaranteed to be a super fun day! (Min. 5, max. 12. Register by: Nov. 28)

## YOUTH ARTS CENTER CLASSES



**315 S. Minn. Ave., St. Peter**

### General Information

Clay classes are in the Clay Center, located in the Arts Center. **The Arts Center will open 15 min. prior to the start of each class.** In the event of weather-related cancellations, classes are made up at the end of the session, scheduled at the instructor's discretion.

Current members of the Arts Center receive a 10% discount off the price of classes from the Arts Center. Contact the Arts Center after registering for more details.



### Kids' Clay ART-F05

**Jackie Karsten**

**Thu., Nov. 3–Dec. 1 (skip Nov. 24) (4 weeks) 4–6 p.m., \$62**  
**For beginners ages 8–12.** Come play with clay! Learn basic techniques and create several pieces to take home (ready for pickup within a month of class completion). (Min. 4, max. 8. Register by: Oct. 31)

### Teen Workshop

#### Exploring Texture & Sgraffito ART-F06

**Jackie Karsten**

**Thu., Nov. 3–Dec. 1 (skip Nov. 24) (4 weeks)**  
**6:15–8:15 p.m., \$62**  
**For beginning & intermediate students ages 12–15.** Learn a variety of techniques for layering color and creating texture. Students will take home hand-made ceramic pieces (fired and ready for pickup within a month of class completion). (Min. 4, max. 8. Register by: Oct. 31)

### See the Adult Arts Center section for additional teen art classes.

### Holiday Clay Days: Tiles ART-F07

**Clay Studio Staff**

**Sat., Nov. 26, 2–4 p.m., \$18**  
**For all levels 5+.** \$18 per participant per session (includes materials). Kids 5–15 must be accompanied by an adult participant. Take a holiday art break! Make several fun and easy pieces, ready for pickup within a month of your session. (Register by: Nov. 21. Min. 7, max. 20)

### Additional Holiday Clay Days

**Tiles: Tues., Dec. 27, 2–4 p.m.**  
**Tea bowls: Wed., Dec. 28, 2–4 p.m.**  
**Buttons & Pendants: Thurs, Dec 29, 2–4 p.m.**  
Register at [www.artscentersp.org](http://www.artscentersp.org)

### MUSIC LESSONS

#### Ninth Street Jazz Cats CY-F33

**Lauren Shoemaker**

**Tue., Oct. 18–Dec. 6 (skip 11/15), 3–4 p.m.**  
**North Intermediate Band Room, \$60**  
Bebop, boogie, and groove as you learn to play jazz rhythm and sounds! If you are a sixth grade band student, you will want to join this fun jazz band! Bring your instrument and get ready to play some swingin' sounds. (Min. 12, max. 20. Register by: Oct. 10)



#### World Rhythms Drum Circle CY-F08

**Lauren Shoemaker**

**Grades 3–6: Mon., Oct. 17–Nov. 28, 3–4 p.m., North**  
**Intermediate Band Room, \$46**

Are you the type of person that can't keep your hands or feet still when you listen to your favorite music? Do you just have to tap out the rhythm or somehow move to the beat? In World Rhythms Drum Circle, students will be playing hand drums and learning rhythms that are used in Western African and Caribbean music. No previous percussion experience necessary. (Min. 12, max. 25. Register by: Oct. 10)

#### Piano, Violin, Cello, Viola or Mandolin

##### Private Lessons

**Lehi Gertz, B.A.**

##### Wednesday Lessons

- Sess. 1: Aug. 31–Sep. 28 (5 weeks)**  
(Register by: Aug. 29) **\$94 CY-F09**  
**Sess. 2: Oct. 5–26 (4 weeks)**  
(Register by: Sep. 26) **\$75 CY-F10**  
**Sess. 3: Nov. 2–30 (5 weeks)**  
(Register by: Oct. 24) **\$94 CY-F11**  
**Sess. 4: Dec. 7–21 (3 weeks)**  
(Register by: Nov. 28) **\$57 CY-F12**

##### Friday Lessons

- Sess. 1: Sep. 2–30 (5 weeks)**  
(Register by: Aug. 29) **\$94 CY-F13**  
**Sess. 2: Oct. 7–28 (4 weeks)**  
(Register by: Oct. 3) **\$75 CY-F14**  
**Sess. 3: Nov. 4–18 (3 weeks)**  
(Register by: Oct. 31) **\$57 CY-F15**  
**Sess. 4: Dec. 2–16 (3 weeks)**  
(Register by: Nov. 28) **\$57 CY-F16**

**30 min. lessons, call 934–3048 to schedule. Times available are Wednesday at 3–8:30 p.m. and Fridays at 4:30–7 p.m., SPCC Rm. 104**



This course is intended to either introduce participants to an instrument or help musicians improve their skills. Students should bring their instrument; a piano will be provided. Lehi has over 13 years of private teaching experience and holds a B.A. in music. Stringed instrument rentals are available from the instructor—contact Lehi at (507) 327-2130.

### Traverse des Sioux

#### Youth Chamber Orchestra

**Lehi Gertz**

**Fridays, 7:15–7:45 p.m., SPCC Rm. 300**  
**Sess. 1: Sep. 9–30 (4 weeks)**  
(Register by: Aug. 29) **\$75 CY-F17**  
**Sess. 2: Oct. 7–28 (4 weeks)**  
(Register by: Oct. 3) **\$75 CY-F18**  
**Sess. 3: Nov. 4–18 (3 weeks)**  
(Register by: Oct. 31) **\$57 CY-F19**  
**Sess. 4: Dec. 2–16 (3 weeks)**  
(Register by: Nov. 28) **\$57 CY-F20**

**For beginning students in grades 4 and up.** All skill levels and all instruments are welcome. Students will learn and develop skills under the guidance of an experienced teacher and conductor. Individual rehearsal outside of class sessions will be expected. Students should bring their own instrument and music stand each week. Stringed instrument rentals are available from the instructor—contact Lehi at (507) 327-2130. There is an \$11 materials cost payable to the instructor. (Min. 2, no max.)

#### Piano or Voice Lessons with Melissa Pate

##### Monday Lessons

**Sess. 1: Sep. 12–26 (3 weeks)**  
(Register by: Sep. 5) **\$50 CY-F21**  
**Sess. 2: Oct. 3–24 (4 weeks)**  
(Register by: Sep. 26) **\$66 CY-F22**  
**Sess. 3: Nov. 14–28 (3 weeks)**  
(Register by: Nov. 7) **\$50 CY-F23**  
**Sess. 4: Dec. 5–19 (3 weeks)**  
(Register by: Nov. 28) **\$50 CY-F24**

**30 min. lessons on Mondays, call 934-3048 to schedule. Lesson times available between 2:30–7:30 p.m., SPCC Rm. 104.**

This course is intended for beginning students as well as those with experience. Melissa has more than 15 years of private teaching experience and specializes in instrumental and vocal performance instruction.



### Guitar Lessons

**Matt Rechtzigel**

#### Tuesday Lessons

**Sess. 1: Sep. 6–27 (4 weeks)**  
(Register by: Aug. 29) **\$ 66 CY-F29**  
**Sess. 2: Oct. 4–25 (skip 10/18) (3 weeks)**  
(Register by: Sep. 26) **\$50 CY-F30**  
**Sess. 3: Nov. 1–29 (skip 11/8) (4 weeks)**  
(Register by: Oct. 24) **\$66 CY-F31**  
**Sess. 4: Dec. 6–20 (3 weeks)**  
(Register by: Nov. 28) **\$50 CY-F32**

**30 min. lessons on Tuesdays, call 934-3048 to schedule. Lesson times available between 3–8 p.m., SPCC Rm. 104. Ages 8 and up.** Learn how to play notes, tabs, scales, and songs. Bring your guitar to the lessons. You have the option of bringing a lesson book or purchasing one from the instructor.

**Community Education Weather Line**  
**934-3048, ext. 411**



**SAINT PETER FOOD CO-OP**



**\* Please note, all classes are held in Rm. 219 of the Community Center.**

### Chips, Salsa & Guacamole

**Jessica Roschen, Co-op Education Coordinator**

**Grades K–2: Wed., Sep. 7**  
**Grades 3–6: Mon., Sep. 12**  
**3:30–4:30 p.m., SPCC Rm. 219, FREE, pre-register by calling 934-3048.** Let's have a fiesta! Learn how to make fresh tortilla chips, and then make salsa and guacamole for dipping. This is a hands-on cooking class, so get ready to cook your own snack. (Min. 5, max. 10. Register by: Sep. 5 for either)



### Personal Pizzas

**Jessica Roschen, Co-op Education Coordinator**

**Grades K–2: Wed., Oct. 5**  
**Grades 3–6: Mon., Oct. 10**  
**3:30–4:30 p.m., SPCC Rm. 219, FREE, pre-register by calling 934-3048.** First, we will make our own pizza dough. After that, you will make your own pizza with all of your favorite toppings. After we bake it and clean the kitchen, you will get to eat your creation. (Min. 5, max. 10. Register by: Oct. 3 for either)

### Orzo Salad

**Jessica Roschen, Co-op Education Coordinator**

**Grades K–2: Wed., Nov. 2**  
**Grades 3–6: Mon., Nov. 7**  
**3:30–4:30 p.m., SPCC Rm. 219, FREE, pre-register by calling 934-3048.** Orzo, the Italian word for barley, is a slender pasta that makes for a delicious salad. We will make the pasta, and then add cheese and veggies, along with a tangy dressing for this colorful Greek pasta dish. (Min. 5, max. 10. Register by: Oct. 31 for either)

### Grilled Cheese & Tomato Soup

**Jessica Roschen, Co-op Education Coordinator**

**Grades K–2: Wed., Dec. 7**  
**Grades 3–6: Mon., Dec. 12**  
**3:30–4:30 p.m., SPCC Rm. 219, FREE, pre-register by calling 934-3048.** What's better on a chilly winter day than a cup of hot tomato soup and an ooey, gooey, melty grilled cheese sandwich? Not much that I can think of! Learn how to make soup from scratch, then grill a cheese sandwich for dunking. (Min. 5, max. 10. Register by: Dec. 5 for either)



# Youth General Interest continued

**Parents, are there times when finances are tight and it's hard to put food on the table? There are options for families with children in the school district.**



## Children's Weekend Food Program

During the school year, this program serves students at South Early Learning Center and North Intermediate with child-friendly, nutritious, non-perishable food items for breakfast, lunch and snacks for most non-school days. At South, contact Kathy (Woyda) Johnson 934-2754 x. 275. At North, contact Dave Ribar 934-3260 x. 237.

## Teen Pantry

During the school year, teens can sign up with one of the school counselors to participate in the Teen Pantry. Students are able to stop in at the pantry for groceries to help them with meals for the week. The pantry operates in the Community Center and has scheduled pick up every Thursday afternoon.

**Both of these programs are affiliated with St. Peter Area Food Shelf and Saint Peter Public Schools.**

## Sew Much Fun: Critters CY-F25

**Lori Oachs**  
**Mon., Dec. 5 & 12, 3-4:30 p.m., North Intermediate STEM Rm., \$10**  
**Grades 3-6:** Girls AND boys will have a great time learning the basics of hand sewing, including: commonly used stitches, tricks for tying knots, adding stuffing, and even making their own patterns. They will use their new skills to create stuffed animals to show off to friends and family. No previous experience required. *Bring a snack each week.* (Min. 5, max. 10. Register by: Nov. 28)

## Book Adventures:

**Mr. Popper's Penguins CY-F26**  
**Lori Oachs**  
**Thu., Sep. 22-Oct. 6, 3-4 p.m. & Oct. 13, 3-5 p.m., North Intermediate STEM Rm., \$15**  
**Grades 3-6:** You might have seen the movie about Mr. Popper and his penguins, but have you read the book? It is a bit different than the movie and you should take the class to find out more about their silly antics. We will do fun projects during this 4-week class and watch the movie (rated PG) on the last day. You will even get to keep the book! *Bring a snack each week.* (Min. 5, max. 10. Register by: Sep. 7)

## Fun with Books

**Lori Oachs**  
**2:45-3:45 p.m., South Early Learning Center Art Rm.**

**Sess. 1: Outer Space**

**Mon., Oct. 10 \$4**

*(Register by: Oct. 3)*

**CY-F27**

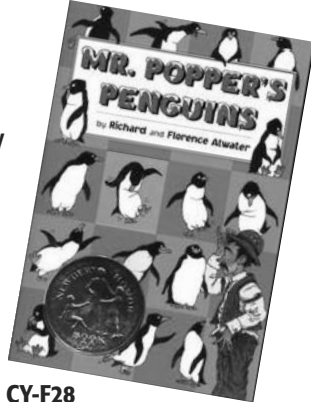
**Sess. 2: Dinosaurs**

**Tue. Nov. 15, \$4**

*(Register by: Nov. 7)*

**CY-F28**

**Grades K-2:** We will read books, make a project and have a snack all about the theme of the session. (Min. 5, max. 10)



# Youth Sports



## Youth Flag Football Gr. 1-4

**Mon., Sep. 12-Oct. 10**

**Gr. 1 & 2: 6-7:30 p.m.**

**Gr. 3 & 4: 6-7:30 p.m.**

**\$35, Jefferson Fields**

Gustavus football players will provide a supportive environment for participants to learn new skills, exercise and be part of a team. Youth Football emphasizes skill development and sportsmanship. *Practice/games one night per week.* (Min. 36, max. 56 per age group)

## Boys Jr. Jammers Basketball Gr. K-4

**Sat., Sep. 24-Oct. 15**

**Gr. K-2: 8-9 a.m.**

**Gr. 3-4: 9:10-10:10 a.m.**

**\$55, SPCC Gym, Coach Sean Keating**

Saints coaches and players will work with participants to gain the skills needed to play the game of basketball. Individual skills and team concepts will be taught.

## Junior Saints Christmas Camp Gr. K-6

**Sat., Dec. 10, 9 a.m.-12 p.m.**

**\$25, SPCC Gym, Coach Sean Keating**

**Pick up and drop off registration forms at the St. Peter Recreation Department.**

Girls and boys in grades K-6 from all area schools are invited to the 2nd annual Junior Saints Christmas Camp under the direction of SPHS head boys' basketball coach. Quality instruction on basketball fundamentals.



## Grandmaster of Chess Gr. K-5

**Tue., Oct. 11, 18, 25, Nov. 1, 8, 15, 6:30-7:45 p.m.,**

**SPCC Rm. 310B, \$60**

Join this "sport of the mind" by learning everything from basic piece movement and checkmate patterns to strong openings, discovered check, back rank mates, and more advanced concepts. New players as well as intermediate and advanced players are welcome. Players are paired up with students of similar age and skill level and instructors direct them on strategy, application of studied concepts, and analyze each ongoing game. Develop your mind and your chess mettle! Create a checkmate today! Taught by the Youth Enrichment League. (Min. 6, max. 20)

## Fencing

**Thu., Oct. 27, Nov. 3, 10, 17, (no class Nov. 24), Dec. 1,**

**8, 15, 22, SPCC Gym, \$70**

**Gr. 2-5 meets 6:15-7:15 p.m.**

**Gr. 6-12 meets 7:20-8:20 p.m.**

Attention all knights, swashbucklers and Jedi! Our skilled instructor will teach the art of fencing. **SAFETY** is our first priority. We supply safety swords, protective masks and jackets, and a high-octane, inclusive environment. Through fencing, you can acquire quick reflexes, strategic abilities, and concentration. ARE YOU READY TO DUEL? For safety considerations, please wear long pants and athletic shoes. (Min. 6, max. 20)

## Extreme LEGOS! 'Copters & Spy Planes

**Gr. K-4**

**Sat., Oct. 8, 15, 22, 10:30-11:30 a.m., SPCC Rm. 310B, \$30**

Never ever before seen projects. Build a helicopter, egg beater, paddle boat, and spy plane. Use your projects to investigate basic engineering concepts including: gearing up, gearing down, gear ratio, and more. Get in gear, sign up today! (Min. 6, max. 16)

## Child & Baby-sitting Safety (CABS) Gr. 4-8

**Sat., Nov. 5, 9 a.m.-noon, SPCC Rm. 217, \$40**

Learn the responsibilities of being a babysitter. Topics include starting your own babysitting business, child development, proper feeding and diapering techniques, personal safety, medical emergencies, and basic first aid care and fire safety. The CABS book (yours to keep) and the course were developed by the American Safety and Health Institute and approved by the American Pediatrics Association. (Min. 12, max. 20)

## Great Candy Cane

**Hunt All ages with an adult**

**Sat., Dec. 3**

**Hunt Times 9-9:10 a.m.,**

**9:30-9:40 a.m., 10-10:10 a.m.,**

**10:30-10:40 a.m.**

**Free, SPCC Gym**

Join in "The Great Candy Cane Hunt" at SPCC! Over 4,000 candy canes to be found while exploring the Community Center! Also on Sat., Dec. 3 be sure to enjoy the "Breakfast with Santa" Pancake Breakfast sponsored by the Little Saints Preschool at the Church of Saint Peter from 7:30-11 a.m. and the Girl Scout Santa Shop at Community Center/Senior Center. Bring non-perishable food items for "currency" when your child visits the Santa Shop. 9-11 a.m.



**Save the date!!**

## Dance Conservatory of Southern Minnesota

Dance Conservatory of Southern Minnesota is a non-profit organization dedicated to the promotion of the art of dance and is partnering with the Saint Peter Recreation and Leisure Department to bring this opportunity to St. Peter. We offer ballet and hip hop programs, while our combo programs include jazz and ballet with an introduction to tumbling and hip hop. (Min. 3 max. 15)

**Fall Session: Sep. 6-Dec. 13 (No class on Nov. 7, 8)**

**\$140, Mon. or Tue., SPCC Rm. 310A**

*Will perform only in fall recital*

**Spring Session: Jan. 2-May 23**

**\$175 (plus \$85-\$90 costume fee),**

**Mon. or Tue., SPCC Rm. 310A**

*Will perform only in spring recital*

*Register and pay for both sessions and receive a \$10 discount.*

## Mondays

### Kinderdance Level Gr. K & 1

**5-5:55 p.m.:** Try a variety of styles. Jazz, tap, ballet, and tumbling are included. *Classes offered in a variety of age and experience levels.*

### Elementary Level Gr. 2 & 3

**6-6:55 p.m.:** Try a variety of styles. Jazz, tap, ballet and tumbling are included. *Classes offered in a variety of age and experience levels.*

### Beginning Ballet I Ages 4 & up

**7-7:55 p.m.:** Known as the foundation of all dance styles, ballet is a theatrical representation of a story usually accompanied by music. All ballet classes include barre, center and across the floor work.

## Tuesdays

### Preschool Ages 3 & 4

**5-5:55 p.m.:** Designed especially for the 3-4 year old dancers who are able to be in the dance room on their own. *Age appropriate music and choreography.*

### Hip Hop I Ages 6 & up

**6-6:55 p.m.:** A loose jazz form (sometimes referred to as funk), often seen in music videos and in dance clubs. This is a high energy, rhythmic form of dance focusing on body isolations.

### Junior Level Ages 9 & up

**7-7:55 p.m.:** Try a variety of styles. Jazz, tap, ballet and tumbling are included. *Classes offered in a variety of age and experience levels.*

## Saturdays

### Saturday Dance Sampler

**Sess. 1: Ages 3-5, Sep. 24-Dec. 17, 9-9:55 a.m.**

**(no class Nov. 26)**

**Sess. 2: Ages 6-8, Sep. 24-Dec. 17, 10-10:55 a.m.,**

**(no class Nov. 26)**

**Sess. 3: Ages 3-5, Jan. 7-Mar. 25, 9-9:55 a.m.**

**Sess. 4: Ages 6-8, Jan. 7-Mar. 25, 10-10:55 a.m.**

**\$95 per session, SPCC Rm. 310A**  
Tap, Jazz, Ballet, and Tumbling. This is an introductory, non-performance program.

## Open Gym at SPCC Gym

Monthly schedules and updates are available at the community center, on the Recreation Hotline 934-0070 and the City of Saint Peter website, [www.saintpetermn.gov/recreation/opengymschedule](http://www.saintpetermn.gov/recreation/opengymschedule). Updates will be posted on Facebook. No charge, donations welcome.

### Open gym policies:

- Clean non-marking gym shoes are required.
- Courteous behavior towards staff and other program participants is expected.
- Fighting, arguing, and profanity will not be tolerated.
- Gym users may not loiter in or around the facility during open gym.
- Failure to follow these expectations may be cause for immediate dismissal from the facility.

**Community & Family Education Class & Activity Registration Begins Immediately**  
**Recreation & Leisure Services**

# Pre-School

## help me



Concerned about your child's development? Help Me Grow is a group of service providers working together to help families in St. Peter, Nicollet, Cleveland, St. Clair, Lake Crystal, Maple River, and Le Sueur-Henderson school districts. They provide free early intervention referral service to help families find and coordinate resources for their children aged birth to 5 years old. Call (507) 934-5420 (ext. 253).



**Like us on Facebook @ MVED Early Intervention**



## Watch Me Draw! Too Messy for Mom!

**Watch Me Draw Staff**

**Sat., Nov. 5, 10-11 a.m., SPCC Rm. 119, \$17 CY-F06**

**Ages 3-6 (Parents welcome to attend):** Let's use paint, glue, buttons, jewels and glitter to create a fun fall kite scene on canvas! Take home this adorable creation and capture your child's art forever! The project will include sponging, painting, and arranging items on the canvas with glue. Your child will love all the options and the mess! (Min. 5, max. 12. Register by: Nov. 7)

• See the Children & Youth Section for more Watch Me Draw classes for 5-year-olds

• See the Aquatics Section for preschool swim class information

# ECFE

**Early Childhood Family Education**



## What you'll find in an ECFE Class!

1. **Parent/Child Time:** Parents and children experience a wide variety of learning opportunities planned by a licensed teacher that promotes a child's growth and development and gives parents ideas to try at home.
2. **Separating Classes:** Parents and a licensed parent educator share experiences, ideas, and information. Parents move to a separate room for their time.
3. **Child Time:** After parents leave for discussion, the children remain with an early childhood educator and participate in age appropriate activities.

## ECFE JOY OF PARENTING CLASSES

*Register by Sep. 14 for all ECFE classes.*

## Babies

**Sess. 1: Tue., Sep. 27-Dec. 13, 6-7 p.m.,**

**Rm. 115, ECFE-F01**

**Sess. 2: Fri., Sep. 23-Dec.16, 10:15-11:15 a.m.**

**Rm. 115, ECFE-F02**

**FREE class-Babies class is FREE**

**(Sibling Care for the Babies class is FREE too!).**

## Toddlers

**Sess. 1: Fri., Sep. 23-Dec. 16, 8:30-9:45 a.m.**

**Rm. 115, ECFE-F03**

**Sess. 2: Thu., Sep. 29-Dec. 15, 6-7 p.m.,**

**Rm. 115, ECFE-F04**

## 20-36 Months (Separating Class)

**Wed., Sep. 28-Dec. 14, 10:15-11:45 a.m.**

**Rm. 119, ECFE-F05**

## 2s and 3s (Separating Class)

**Thu., Sep. 29-Dec. 15, 6-7:30 p.m.**

**Rm. 119, ECFE-F06**

## 3s, 4s, and 5s (Separating Class)

**Sess. 1: Wed., Sep. 28-Dec. 14, 8:15-9:45 a.m.**

**Rm. 119, ECFE-F07**

**Sess. 2: Mon., Sep. 26-Dec.12, 6-7:30 p.m.**

**Rm. 119, ECFE-F08**



## Saint Peter Public School Readiness Programs "Every Child Ready for Kindergarten"

We are accepting applications for our preschool programs for the 2016-2017 school year!

The Saint Peter School Readiness program offers 2-, 3- and 5-day pre-school classes for children ages 3 to pre-kindergarten. Our programs are staffed with licensed teachers as well as classroom assistants. To register please stop by the Community and Family Education Office or call (507) 934-3048 to have an application packet mailed to you. Tuition is based upon family size and income with full and partial scholarships available. Bus transportation is available within the St. Peter city limits and Kasota, for some classes.

**We still have openings in some of our School Readiness Classes!! Take a Look!**

<b>Ages 3-4 *</b>			
<b>Young Explorers PM</b> 61 days, \$80/month**	W & F 12-2:30 p.m.	No Bussing	Conferences & Journal Communication
<b>Ages 4-5 *</b>			
<b>Discovery Days 2 AM</b> 91 days, \$120/month**	M-T-Th 8:30-11 a.m.	Bussing Available \$65/month**	Conferences & Journal Communication
<b>Discovery Days 2 PM</b> 91 days, \$120/month**	M-T-Th 12-2:30 p.m.	No Bussing	Conferences & Journal Communication
<b>* Ages before 9-1-2016 (Children must be age eligible and toilet trained.)</b>		<b>** Full and partial scholarship available Based on family size and income.</b>	



# Aquatics



## Water Babies

Sess. 1: **Sat., Jan. 7-Feb. 11, 9:15–9:45 a.m.**  
(Register by: Jan. 3) **SWM-W01**

Sess. 2: **Tue. & Thu., Feb. 16–Mar. 7, 5:15–5:45 p.m.**  
(Register by: Feb. 13) **SWM-W02**

Sess. 3: **Sat., Feb. 18–Mar. 25, 9:15–9:45 a.m.**  
(Register by: Feb. 13) **SWM-W03**

**6 Lessons, \$30**  
**Age 6 mos.–2 yrs.** This class focuses on water adjustment and swim readiness. Children must wear a swim diaper or plastic pants with their swim suit. A caregiver (age 18 or older) is required to be in the water with each child. (Min. 4, max. 10) **CE**

## Aqua Tots

Sess. 1: **Sat., Jan. 7-Feb. 11, 10–10:30 a.m.**  
(Register by: Jan. 3) **SWM-W05**

Sess. 2: **Tue. & Thu., Feb. 16–Mar. 7, 6–6:30 p.m.**  
(Register by: Feb. 13) **SWM-W06**

Sess. 3: **Sat., Feb. 18–Mar. 25, 10–10:30 a.m.**  
(Register by: Feb. 13) **SWM-W07**

**6 Lessons, \$30**  
**Ages 2–4 yrs.** Learn water adjustment, explore submerging and buoyancy. Children who are not toilet trained must wear a swim diaper or plastic pants with their swim suit. A caregiver (age 18 or older) is required to be in the water with each child. (Min. 4, max. 10) **CE**

## Dolphins

Sess. 1: **Sat., Jan. 7-Feb. 11, 9:15–9:45 a.m.**  
(Register by: Jan. 3) **SWM-W09**

Sess. 2: **Tue. & Thu., Feb. 16–Mar. 7, 6–6:30 p.m.**  
(Register by: Feb. 13) **SWM-W10**

Sess. 3: **Sat., Feb. 18–Mar. 25, 9:15–9:45 a.m.**  
(Register by: Feb. 13) **SWM-W11**

**6 Lessons, \$30**  
**Age 4 yrs.** Learn water adjustment, breath control, submerging, and buoyancy on front and back with support. (No parent in water with child.) (Min. 4, max. 6) **CE**

## Sharks

Sess. 1: **Sat., Jan. 7-Feb. 11, 10–10:30 a.m.**  
(Register by: Jan. 3) **SWM-W13**

Sess. 2: **Tue. & Thu., Feb. 16–Mar. 7, 5:15–5:45 p.m.**  
(Register by: Feb. 13) **SWM-W14**

Sess. 3: **Sat., Feb. 18–Mar. 25, 10–10:30 a.m.**  
(Register by: Feb. 13) **SWM-W15**

**6 Lessons, \$30**  
**Age 5 yrs.** Learn breath control, submerging, swimming and floating on front and back with support, water safety rules, using a life jacket and how to get help in an emergency. (Min. 4, max. 6) **CE**

## Whales

Sess. 1: **Sat., Jan. 7-Feb. 11, 10–10:30 a.m.**  
(Register by: Jan. 3) **SWM-W17**

Sess. 2: **Tue. & Thu., Feb. 16–Mar. 7, 5:15–5:45 p.m.**  
(Register by: Feb. 13) **SWM-W18**

Sess. 3: **Sat., Feb. 18–Mar. 25, 10–10:30 a.m.**  
(Register by: Feb. 13) **SWM-W19**

**6 Lessons, \$30**  
**Age 6 yrs.** Learn to fully submerge and hold breath, tread water, and change direction of travel while swimming on front or back. Age appropriate water safety topics are also covered. (Min. 4, max. 6) **CE**

## Level 1

Sess. 1: **Sat., Jan. 7-Feb. 25, 9:15–9:55 a.m.**  
(Register by: Jan. 3) **SWM-W21**

Sess. 2: **Tue. & Thu., Jan. 17-Feb. 9, 5:15–5:55 p.m.**  
(Register by: Jan. 9) **SWM-W22**

**8 Lessons, \$40**  
**Age 7 yrs.** Learn front and back independent floating/kicking, alternating arm action, water safety rules, and using a life jacket. (Min. 4, max. 12) **CE**

## Level 2

Sess. 1: **Sat., Jan. 7-Feb. 25, 9:15–9:55 a.m.**  
(Register by: Jan. 3) **SWM-W24**

Sess. 2: **Tue. & Thu., Jan. 17-Feb. 9, 5:15–5:55 p.m.**  
(Register by: Jan. 9) **SWM-W25**

**Ages 7 yrs. & up.** Learn submerging, front and back glide, jellyfish, back float, tread water, and swim on front and back for 15 feet. (Level 1 pre-requisite) (Min. 4, max. 12) **CE**

## Level 3

Sess. 1: **Sat., Jan. 7-Feb. 25, 10–10:45 a.m.**  
(Register by: Jan. 3) **SWM-W28**

Sess. 2: **Tue. & Thu., Jan. 17-Feb. 9, 5:15–6 p.m.**  
(Register by: Jan. 9) **SWM-W29**

**8 Lessons, \$40**  
Learn to jump into deep water, kneeling dive, rotary breathing, survival float, tread water, front crawl, elementary backstroke, flutter kick, dolphin kick and scissors kick. (Level 2 pre-requisite) (Min. 4, max. 12) **CE**

## Level 4

Sess. 1: **Sat., Jan. 7-Feb. 25, 10–10:45 a.m.**  
(Register by: Jan. 3) **SWM-W30**

Sess. 2: **Tue. & Thu., Jan. 17-Feb. 9, 5:15–6 p.m.**  
(Register by: Jan. 9) **SWM-W31**

**8 Lessons, \$40**  
Learn standing and surface dives, swim underwater, open turn, front and back crawl, butterfly, breaststroke, elementary backstroke, and sidestroke. (Level 3 pre-requisite) (Min. 4, max. 12) **CE**

## Level 5

Sess. 1: **Sat., Jan. 7-Feb. 25, 10:50–11:35 a.m.**  
(Register by: Jan. 3) **SWM-W32**

**8 Lessons, \$40**  
Learn shallow dive, surface dives, flip turn, front and back crawl, butterfly, breaststroke, elementary backstroke, sidestroke, and survival swimming. (Level 4 pre-requisite) (Min. 4, max. 12) **CE**

## Level 6

Sess. 1: **Sat., Jan. 7-Feb. 25, 10:50–11:35 a.m.**  
(Register by: Jan. 3) **SWM-W34**

**8 Lessons, \$40**  
**Fitness swimmer.** Work on stroke proficiency, open and flip turns, use pull buoy, fins, paddles, pace clock, calculate target heart rate, water exercise and fitness training. (Level 5 pre-requisite) (Min. 4, max. 12) **CE**

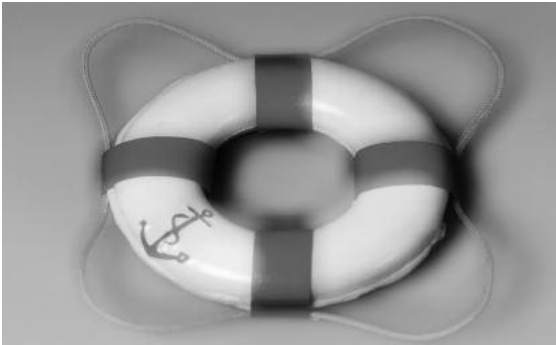
## Private Lessons

**\$54, Three 30 min. lessons per child.**  
One-on-one private lessons must be arranged through Community and Family Education, call 934-3048 to register. **CE**

## Semi Private Lessons

**\$81/pair, Three 30 min. lessons per two children at the same level.**  
Semi-private lessons with a ratio of one instructor to two students. Lessons must be arranged through Community and Family Education, call 934-3048 to register. **CE**

## Interested in applying at the Outdoor Pool? The Recreation Office will begin taking applications for summer aquatics staff on Feb. 13. You must be certified to apply.



## Lifeguard Training

**Hannah Karlsrud**  
**Saint Peter High School and Community Pool**  
Sess. 1: **Sat. & Sun., Sep. 10, 11, 24 & 25, 8 a.m.–5 p.m.**  
(Register by: Aug. 29) **\$184, SWM-F01**

Sess. 2: **Sat. & Sun., Jan. 14, 15, 28 & 29, 8 a.m.–5 p.m.**  
(Register by: Jan. 3) **\$184, SWM-W50**

**For ages 15 years old and up on or during the course of the class.** Learn all the skills required for being a lifeguard. Classes must be successfully completed and none may be missed. Students will be certified for 3 years upon successful completion of rescue skills test, a CPR skills test, and a written test. Students with valid certificates are eligible to apply for open positions at area pools. Bring a sack lunch. (Min. 7, max. 14) **CE**

## Water Safety Instruction SWM-W51

**Nicole Ruhland**  
Sun., Jan. 15 & 29, 8 a.m.–4 p.m.  
**Saint Peter High School and Community Pool**  
**\$109 + \$35 certificate fee paid to the Red Cross**  
**For ages 16 years old and up on or during the course of the class.** This class has an online component. Participants will be responsible to view 10 hours of online instruction and videos outside of class through the Red Cross website (available only through Internet Explorer). A sound background in all six swimming strokes is required. Classes must be successfully completed and none may be missed. A 7-point written test and performance test will be given. Candidates will perform several teaching presentations to the class. Certification will be granted only upon successful completion of the course. Students with valid certificates are eligible to apply for open positions at area pools. Bring a sack lunch. (Min. 7, max. 14. Register by: Jan. 3) **CE**

## ADULTS

### Early Morning Lap Swim/Water Walking

Mon.–Fri., Aug. 15–Mar. 24, 5:45–7:15 a.m.  
(No swimming Nov. 24, Dec. 23 & 30, Jan. 2 & Feb. 20)  
**\$3.50 per time or \$46 for 20 punch ticket**  
Pay the lifeguard at the pool.

### Evening Lap Swim/Water Walking

Mon. & Thu. 6:30–7:30 p.m.  
Feb. 2–27 (skip 2/20)  
Mar. 2–30  
**\$3.50 per time or \$46 for 20 punch ticket**  
Pay the lifeguard at the pool.

### Moderate Intensity Water Aerobics

**Hannah Karlsrud**  
Enjoy a fast paced workout involving strength training (wrist/ankle weights), aqua joggers and high cardio portions. The goal is to provide the best work out possible, doing what you can do and pushing yourself to do more! (Min. 8, max. 25) **CE**

• **Saturdays, 7:30–8:30 a.m.**  
Sess. 1: **Oct. 1–Dec. 17, (skip 10/22 & 11/26) (10 classes)** (Register by: Sep. 26) **\$45 SWM-F02**

Sess. 2: **Jan. 7–Feb. 25 (8 classes)** (Register by: Jan. 3) **\$36 SWM-F03**

Sess. 3: **Mar. 4–Mar. 25 (4 classes)** (Register by: Feb. 27) **\$18 SWM-W52**

• **Monday, 5:15–6:15 p.m.**  
Sess. 1: **Nov. 14–Dec. 19 (6 classes)** (Register by: Nov. 7) **\$27 SWM-W53**

Sess. 2: **Jan. 9–Feb. 27 (skip 2/20) (7 classes)** (Register by: Jan. 3) **\$32 SWM-W54**

Sess. 3: **Mar. 6–Mar. 27 (4 classes)** (Register by: Feb. 27) **\$18 SWM-W55**

• **Wednesdays, 5:15–6:15 p.m.**  
Sess. 1: **Nov. 16–Dec. 21 (6 classes)** (Register by: Nov. 14) **\$27 SWM-W56**

Sess. 2: **Jan. 4–Feb. 22 (8 classes)** (Register by: Jan. 2) **\$36 SWM-W57**

Sess. 3: **Mar. 8–Mar. 29 (4 classes)** (Register by: Mar. 6) **\$18 SWM-W58**

### Afternoon Aqua Fit (Water Aerobics)

Mon. & Thu., 4–5 p.m.  
Sess. 1: **Nov. 28–Dec. 22 (8 classes)** (skip Nov. 26)  
(Register by: Nov. 9) **\$36 SWM-F05**

Sess. 2: **Jan. 5–30 (8 classes)**  
(Register by: Jan. 2) **\$36 SWM-W57**

Sess. 3: **Feb. 2–27 (skip 2/20) (7 classes)**  
(Register by: Jan. 30) **\$32 SWM-W58**

Sess. 4: **Mar. 2–30 (9 classes)**  
(Register by: Feb. 27) **\$41 SWM-W59**

Get a great cardiovascular workout in the water! Elevate your heart rate in the training zone without stress to your joints. Appropriate for all levels of fitness. (Min. 8, max. 25) **CE**



### Evening Aqua Fit (Water Aerobics)

Mon. & Thu., 6:30–7:30 p.m.  
Sess. 1: **Nov. 28–Dec. 22 (8 classes)** (skip Nov. 26)  
(Register by: Nov. 9) **\$36 SWM-F06**

Sess. 2: **Jan. 5–30 (8 classes)**  
(Register by: Jan. 2) **\$36 SWM-W61**

Sess. 3: **Feb. 2–27 (skip 2/20) (7 classes)**  
(Register by: Jan. 30) **\$32 SWM-W62**

Sess. 4: **Mar. 2–30 (9 classes)**  
(Register by: Feb. 27) **\$41 SWM-W63**

Get a great cardiovascular workout in the water! Elevate your heart rate in the training zone without stress to your joints. Appropriate for all levels of fitness. (Min. 8, max. 25) **CE**



With **Hoopla**, instantly borrow free digital movies, music, eBooks, audio books, comic books, and children's books, 24/7 with your library card!

Download the Hoopla app or go to [hoopladigital.com](http://hoopladigital.com) on any device that has an internet connection to get started.

## Free Special Events @Your Library



### Storytime

**Wed, 10:30 a.m. starting September 7 and throughout the school year**  
Storytime and movement, songs, puppets, crafts, writing, and play! You'll get a little bit of everything at Wednesday Storytimes. Check the library webpage for the storytime theme of the week! All storytimes follow the school calendar. When there is no school, there will be no storytime.

### Birthday Book Club

Kids, ages 1–12, are eligible to take advantage of the birthday book club in the children's area! Come to the library on your birthday, with your library card (or an adult), and you will receive a book to keep!

### Storytime Bags

Bring storytime home in a bag! Each bag includes several books, song and poem sheets, activity ideas and hands-on manipulatives all centered on a common theme. *Storytime kits in Spanish are available! ¡Ya llegaron las Bolsas Literarias en Español, para la hora del cuento y la diversión familiar!*

### Roald Dahl Party!

**Tue., Sep. 13, 6 p.m.**  
We're celebrating 100 years since the birth of the world's number one storyteller. It's going to be more giant than James's peach, more enormous than a crocodile and more marvelous than George's medicine! Join the biggest global birthday party ever! Join us for snacks, crafts and storytime!

### MEA Weekend Activities

• **Thu., Oct. 20:** Stay tuned for something fun in the library on MEA Thursday!  
• **Fri., Oct. 21, 10:30 a.m.–2 p.m.:** Drop in Craft Day Friday in the library! Fall crafts for kids and families!

### Adult Coloring Classes

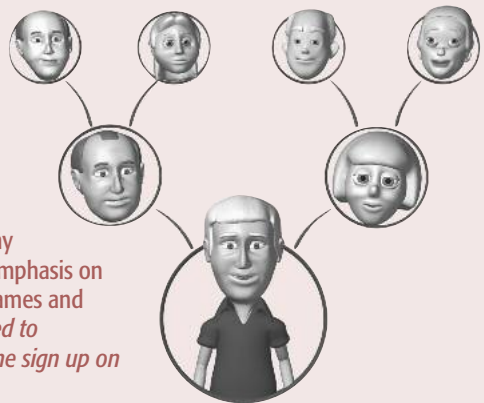
**Evenings this fall.** Dates and times to be determined soon. Check out the library website and Facebook page for details. *Adults only.* Feel free to bring a warm beverage and cozy up with an adult coloring book by the fire place. All supplies provided.

### Beginner's Genealogy Workshop

**Sat., Sep. 24, 10 a.m.**  
In this lecture workshop learn the basics of how to get started researching your family tree and discuss some of the many types of records available. *No class limit.*

### Internet Genealogy Workshop

**Sat., Sep. 24, 1–3 p.m.**  
In this hands-on session we will discuss many popular genealogy websites with a special emphasis on Minnesota sites. Participants should bring names and dates to research during class. *Class is limited to the first ten who register. Watch for the online sign up on our library webpage soon.*



## FAMILY

### Saturday Open Swim

Dec. 3–Mar. 18 (skip 12/24 & 12/31) 1–3 p.m.  
**\$2.50 per swimmer, pay lifeguard at the pool.**  
Note: Children 7 and under must be accompanied by a proficient swimmer age 13 or older or wear a life jacket.

### Friday Night Family Swim

Feb. 10 & 24  
Mar. 10 & 24  
**6–8 p.m., \$2.50 per swimmer, pay lifeguard at the pool.**  
A special time just for families! Come and play in the water with your floaties and water toys. Children must be accompanied in the water by an adult caregiver at all times.

### Little Waves Family Swim

**Sat., Mar. 25, 1–3 p.m. \$2.50 per swimmer (ages 6 and under are FREE!), pay lifeguard at the pool.**  
Parents/Caregivers with children ages 6 and under will have a great time playing in the pool! Bring water toys and floaties. Children must be accompanied in the water by an adult caregiver at all times. Please note: this swim time is not for older children.

## FACILITY USE

**Pool Weather Cancellation/Closing Policy:** The pool follows the same policy as ISD 508 regarding closings and cancellations. Call the Community Education Weather Information Line: 934-3048 ext. 411.

## Rentals

The pool is available for rental on:  
**Fri., 6–9 p.m., Sat., 4–9 p.m., and Sun., 12–8 p.m.**  
***Make your reservations at least 2 weeks in advance.***  
Call Community Education at 934-3048.  
Please note: rental cancellations made less than 7 days prior to the rental date will not be refunded.

## RENTAL FEES PER HOUR

<b>1–25 swimmers</b>	<b>\$55 Res. / \$72 Non-Res.</b>
<b>26–50 swimmers</b>	<b>\$65 Res. / \$85 Non-Res.</b>
<b>51–75 swimmers</b>	<b>\$75 Res. / \$98 Non-Res.</b>
<b>76–100 swimmers</b>	<b>\$85 Res. / \$111 Non-Res.</b>

<b>Library Hours:</b>	
Monday–Thursday	10 a.m.–8 p.m.
Friday	10 a.m.–5 p.m.
Saturday	9 a.m.–4 p.m.
Sunday & Holidays	Closed
<b>The library will be closed:</b>	
Nov. 11, Nov. 24 & 25, Dec. 24 & 25, Jan. 2, 2017	

## Friends of the Library Barnes and Noble Bookfair

**Sun., Oct. 9, Barnes and Noble Bookstore, Mankato**  
Shop at the Barnes and Noble store in Mankato and a percentage of your sale will benefit the Library! You can also shop online for the week following the event and the library will receive this same benefit!

## BINGO

**Sat., Dec. 3, 4–6 p.m., Redman Club, St. Peter**  
***Play Bingo for a cause!*** All proceeds benefit the Friends of the Saint Peter Library, an organization that supports our library operations, collections and special programs!

## Holiday Open House

**Thu., Dec. 8, 2–4 p.m. and 6–8 p.m.**  
Sweet treats, hot beverages and live music. In the afternoon enjoy music performed by St. Peter High School Madrigal Singers! In the evening, children will make holiday crafts and decorate cookies. Stay and browse our great collections of holiday books, movies and cds! Watch the library current events page for details: [www.saintpetermn.gov/library](http://www.saintpetermn.gov/library)

## Christmas Storytime

**Wed., Dec. 21, 10:30 a.m.**  
Join Brenda for Christmas Storytime! We'll read old favorites and new titles! With visions of sugar plums, we'll sing merrily, and play reindeer games!

## eBooks at the Library

Follow the Overdrive Button on our webpage: [www.saintpetermn.gov/library](http://www.saintpetermn.gov/library) to browse the eBook collection. Have your library card handy to check out right from the comfort of your own home!

**Wowbrary** is available at the Saint Peter Public Library  
The Newest Stuff at Your Library Be among the first to learn about the newest books, DVDs, and CDs acquired by the library. Sign up for Wowbrary at [www.wowbrary.org](http://www.wowbrary.org). This public service sends weekly emails showcasing the library's most recent acquisitions. There's even a click-through to the library to place a hold on a new title. And best of all—it's free!!

## Library Newsletter and Current Events

Visit the library webpage at [www.saintpetermn.gov/library](http://www.saintpetermn.gov/library) and click on the Library Newsletter link to see what's happening at the library! If you'd like to sign up to receive a copy of the monthly newsletter, you may do so at the library, or open a copy of the newsletter on our webpage and click on "Join our mailing list".

## Friends of the Saint Peter Public Library

Friends are people who love the Saint Peter Public Library! Our mission is to advocate for the use and growth of library resources while promoting community literacy. Help us keep the Saint Peter Public Library an active and vital part of our greater community. It's easy to become a Friend of the Library. Stop by or call the library for more details!

## Book Club Bags

If you're a member of a book club, check out one book bag for your entire club! Book club bags check out for six weeks and contain eight copies of each title along with a study guide and a handy sign-out sheet to keep track of who in your club has a book. Check the library website for a complete and current list of the titles available. Books in a Bag are supported by the Friends of the Saint Peter Public Library.

## eBooks available through the library!

Enjoy access to great library books, 24 hours a day, 7 days a week, by going to [www.tds.lib.overdrive.com](http://www.tds.lib.overdrive.com) to browse the eBook collection. Have your library card handy to check out right from the comfort of your own home!

## Fall 2016 Gustavus & Community Reading Event featuring *Between the World and Me*: see ad on page 6

## @ the Library you will find more than just books!

- You will also find...**
- New Book Section
  - On-going book sale
  - Audio Books
  - Storytime Bags
  - Wireless Internet
  - e-books and e-audio books
  - Periodicals and Newspapers
  - Videos, CDs, and DVDs
  - 10 Public Internet Computers
  - Minnesota Collection
  - Meeting Rooms
  - Reference Area
  - Fireplace and Lounge Area

Visit the library webpage at [www.saintpetermn.gov/library](http://www.saintpetermn.gov/library) and click on current events to see what's happening at the library!





# ADULT GENERAL INTEREST



## Area Adult Learning Cooperative

Becki Hawkins, Coordinator

Classes meet until Jun. 23.

SPCC Rm. 210

**Fall Registration is Fri., Sep. 9  
8:30–11:30 a.m.**

### ABE / GED / Diploma

*\* New students may register on 1st and 3rd Mon.  
of each month at 8 a.m. or 4:30 p.m.*

Mon.: 8:30–11:30 a.m. and 5–8 p.m.

Tue.: 5–8 p.m.

Wed.: 8:30–11 a.m.

Thu.: 5–8 p.m.

Sat.: 10–1 p.m.

### English Language Classes

*\* New students may register on 1st and 3rd Tue.  
of each month at 8 a.m. OR the 1st and 3rd Thu.  
of each month at 4 p.m.*

Tue.: 8:30–11 a.m.

Wed.: 5–8 p.m.

Thu.: 8:30–11 a.m. and 5–8 p.m.

Fri.: 8:30–11 a.m.

Sat.: 10 a.m.–1 p.m.

*Pre-registration is required for before starting any  
class. Call 934-6210 or (507) 665-4626 for more informa-  
tion. Español? María Alvarez (507) 304-5582. ☎*

## Breakfast at the River for Seniors

Whiskey River, \$9 includes breakfast & tip.

Tuesdays, 8:30–9:30 a.m.

Sep. 13, Oct. 18, Nov. 15, and Dec. 20

Pre-registration is required and may be scheduled by calling  
Saint Peter Community and Family Education (934-3048) or  
the Senior Center (934-7434). *See Senior Center Activities &  
Services for more information.* ☎

## GUSTAVUS

GUSTAVUS ADOLPHUS COLLEGE

### Become an International Friendship Family

Develop a relationship with a Gustavus international  
student. Invite them to your home for an occasional dinner,  
family function, holiday or trip. Foster a connection by  
attending special campus events together. It's a great  
opportunity for your family and the student to share  
cultures. Each family and student determines how much  
they will do together. The students live on campus. If  
interested, please contact Jeff Anderson (933-7493 or  
jeffa@gustavus.edu) in the Center for International and  
Cultural Education.

### Women & Money: Taking Charge of Your Financial Future

Patti Kelly & Chanelle Braekkan, Thrivent Financial

Sess. 1: Wed., Oct. 5, 12–1 p.m., SPCC Rm. 102

(Register by: Sep. 26) \$5 GI-F01

Sess. 2: Thu., Oct. 13, 12–1 p.m., SPCC Rm. 102

(Register by: Oct. 10) \$5 GI-F02

Sess. 3: Wed., Nov. 2, 12–1 p.m., SPCC Rm. 102

(Register by: Oct. 24) \$5 GI-F03

Sess. 4: Thu., Nov. 10, 12–1 p.m., SPCC Rm. 102

(Register by: Nov. 7) \$5 GI-F04

Today, more women than ever are responsible for their  
financial well-being, and the well-being of their families.  
Women often face unique financial challenges. That's why it's  
so important that no matter what life stage you're in, you  
know how to save, invest and plan for their future. We'll cover  
information and steps to reduce your worries, overcome  
obstacles that stand in the way of managing your finances,  
and share six steps towards achieving financial security. You'll  
also receive a free workbook. (Min. 4, max. 15) ☎

### COMPUTER CLASSES



## Adobe Photoshop Elements Package

Q InfoTek (2144 Hoffman Road, Mankato)

Sess. 1: Thu., Sep. 15–Oct. 6 (4 weeks), 1–3 p.m.

(Register by: Sep. 12) \$120 GI-F05

Sess. 2: Tue., Oct. 18–Nov. 8 (4 weeks), 6:30–8:30 p.m.

(Register by: Oct. 10) \$120 GI-F06

A comprehensive class covering organizing and editing  
digital photos with Adobe Photoshop Elements. You will  
learn how to organize photos into files and folders, how to  
organize photos inside Photoshop Elements with tags, basic  
cropping/editing techniques and also more advanced  
techniques. By the end of the class you will know how to  
play a slide show and make photo creations. Classes are  
held in a computer lab. (Min. 4, max. 10) ☎

## Help for the Computer Challenged

Q InfoTek (2144 Hoffman Road, Mankato)

Sess. 1: Thu., Oct. 20–Nov. 10 (4 weeks), 6:30–8:30 p.m.

(Register by: Oct. 17) \$120 GI-F07

Sess. 2: Tue., Nov. 8–29 (4 weeks), 1–3 p.m.

(Register by: Oct. 1) \$120 GI-F08

You got your document into the computer—now how do you  
get it out? How do you print those pictures they sent you in  
that e-mail? How do you attach a picture to an e-mail?  
Learn each of these skills and explore more about your  
computer! Each session covers a different topic: files and  
folders, internet safety, e-mail best practices, and  
maintaining your healthy computer. Classes are held in a  
computer lab. (Min. 4, max. 10) ☎

## Useful Spanish for Busy Adults GI-F09

Ellen De la torre

Tue., Oct. 4–25 (4 sessions), 5:30–7 p.m.

SPCC Rm. 102, \$32

Whether you're traveling to Mexico or another Spanish-  
speaking country for business or vacation, or you just want  
to speak the language at home, Ellen will teach you  
common, useful Spanish phrases. You will also learn about  
the Latino population. There will be presentations about  
Spanish-speaking people here in our area, about the culture,  
and you'll be able to try different Mexican snacks. (Bring a  
pen and paper.) (Min. 5, max. 10. Register by: Sep. 26) ☎



## Minnesota Star Watch Class

with WCCO Radio's Mike Lynch

Mon., Sep. 26, 7:45–9:45 p.m.

We'll begin at SPCC Rm. 219 & then drive to

Gustavus Adolphus College's West Field

\$8 per person GI-F10

\$20 per family GI-F11

Make the stars your old friends as we watch the great  
celestial show in the skies over St. Peter. We'll use large  
reflecting telescopes, including two giant 20-inch reflectors  
for close up views of star clusters, nebulae, and galaxies.  
We'll also use an astronomical camera-telescope system for  
extra special views of our more distant universe. You'll get a  
great handout package with user-friendly star maps and  
constellation charts, websites, a telescope-buying guide,  
and more! This event is best suited for adults and children  
ages 8 and up (children must be accompanied by an adult).  
Bring lawn chairs to make yourself comfy. Held rain or  
shine. (Min. 20, max. 50. Register by: Sep. 19) ☎

### COOKING CLASSES

#### Classes @ the Co-op

228 Mulberry Street, St. Peter

#### Homemade Mozzarella Cheese

Jim Vonderharr

Thu., Sep. 1, 6–7:30 p.m.

FREE, pre-register by calling 934-3048.

We will discuss the fundamentals of making cheese at  
home. We will make Mozzarella in class and provide  
direction and information to assist participants in their own  
pursuit of cheese making. (Min. 5, max. 25. Register by:  
Aug. 29) ☎

#### Seasonal Produce: Fall

Cody Feder

Thu., Sep. 15, 6–7:30 p.m.

FREE, pre-register by calling 934-3048.

Cody always has creative ideas for using the bountiful fall  
produce. The focus of this class will be using locally grown  
produce that highlights the flavors of fall. Recipes will be  
dependent of produce availability. (Min. 5, max. 25.  
Register by: Sep. 12) ☎

#### Vegetarian Cooking

Stefanie Hailperin

Thu., Oct. 6, 6–7:30 p.m.

FREE, pre-register by calling 934-3048.

October is kind of a turning point for vegetables. Some of the  
late summer vegetables may still be available and the fall  
and winter vegetables are just coming into their own. For this  
class, we will evaluate what is currently fresh and local and  
play with it. (Min. 5, max. 25. Register by: Oct. 3) ☎

#### Pho Vietnamese Noodle Soup

Dr. Cuong Huynh (Dr. C)

Thu., Oct. 20, 6–7:30 p.m.

FREE, pre-register by calling 934-3048.

Learn how to make homemade Vietnamese beef noodle  
soup. Consisting of broth, rice noodles, herbs and meat,  
this popular street food in Vietnam has become trendy in  
the United States. Dr. C will show us how to make authentic  
Pho at home. (Min. 5, max. 25. Register by: Oct. 17) ☎

#### Delicious Quick and Simple Cookies with 5 Ingredients or Less

Mike and Madea Myhra

Thu., Nov. 3, 6–7:30 p.m.

FREE, pre-register by calling 934-3048.

Do you like to bake for the holidays (or other times of the year),  
but don't have time? Do you want to impress your family and  
friends with a variety of cookies? We will bake three or four  
delicious, quick and simple kinds of cookies using five  
ingredients or less! (Min. 5, max. 25. Register by: Oct. 31) ☎

#### Hands-on Sushi

Sushi Bob

Thu., Nov. 10, 6–7:30 p.m.

FREE, pre-register by calling 934-3048.

"Sushi does not mean raw fish or seafood!" Learn the  
technique for making healthy and inexpensive URA MAKI  
(inside-out-rolls) at home. Sushi can range from Vegan to  
Omnivore, Traditional to Contemporary. **In this class, you  
will receive hands-on instruction so class size is limited to  
12.** (Min. 5, max. 12. Register by: Nov. 7) ☎



#### Stews

Stefanie Hailperin

Thu., Dec. 8, 6–7:30 p.m.

FREE, pre-register by calling 934-3048.

As we approach the depths of winter in Minnesota, stews are  
great comfort food. Stephanie will take you outside of the box  
with a seafood stew, a chili with chocolate, and at least one  
other recipe from my go-to stew cookbook, Susan Wylar's  
*Simply Stews*. (Min. 5, max. 25. Register by: Dec. 5) ☎

## Smørrebrød

Cody Feder

Thu., Dec. 15, 6–7:30 p.m.

FREE, pre-register by calling 934-3048.

A staple in Danish cuisine, smørrebrød are open-faced  
sandwiches built on a thin layer of dense sourdough rye  
bread called *rugbrød*. The name of the sandwich itself  
comes from the words for butter (*smør*) and bread (*brød*).  
However, you'll rarely find one that limits itself to those two  
ingredients. Cody teaches us the story behind the sandwich,  
and his favorite topping combinations. (Min. 5, max. 25.  
Register by: Dec. 12) ☎

### MUSIC LESSONS

#### Guitar Lessons

Matt Rechtzigel

Tuesday Lessons

Sess. 1: Sep. 6–27 (4 weeks)

(Register by: Aug. 29) \$72 GI-F12

Sess. 2: Oct. 4–25 (skip 10/18) (3 weeks)

(Register by: Sep. 26) \$54 GI-F13

Sess. 3: Nov. 1–29 (skip 11/8) (4 weeks)

(Register by: Oct. 24) \$72 GI-F14

Sess. 4: Dec. 6–20 (3 weeks)

(Register by: Nov. 28) \$54 GI-F15

30 min. lessons on Tuesdays, call 934-3048 to schedule.

Lesson times available between 3–8 p.m., SPCC Rm. 104.

Learn how to play notes, tabs, scales and songs. Bring your  
guitar to the lessons. You have the option of bringing a  
lesson book or purchasing one from the instructor. ☎

#### Just ONCE Guitar for Busy People GI-F16

Johnathan Moeller

Mon., Nov. 7, 6:30–9 p.m.

SPCC Rm. 217, \$54 (fee includes workbook &

practice DVD)

Ages 13 and up. Have you ever wanted to learn the guitar  
but simply find it difficult to find the time? In just a few  
hours you can learn enough about playing the guitar to give  
you years of musical enjoyment, and you won't have to  
take private lessons to do it. This crash course will teach you  
some basic chords and get you playing along with your  
favorite songs right away. Bring your acoustic guitar. For  
more info.: justonceclasses.com. (Min. 4, max. 15. Register  
by: Oct. 31) ☎

#### Piano or Voice Lessons with Melissa Pate

Monday Lessons

Sess. 1: Sep. 12–26 (3 weeks)

(Register by: Sep. 5) \$54 GI-F17

Sess. 2: Oct. 3–24 (4 weeks)

(Register by: Sep. 26) \$72 GI-F18

Sess. 3: Nov. 14–28 (3 weeks)

(Register by: Nov. 7) \$54 GI-F19

Sess. 4: Dec. 5–19 (3 weeks)

(Register by: Nov. 28) \$54 GI-F20

30 min. lessons, call 934-3048 to schedule. Lesson times

available between 2:30–7:30 p.m., SPCC Rm. 104.

This course is intended for beginning students as well as  
those with experience. Melissa has more than 15 years of  
private teaching experience and specializes in instrumental  
and vocal performance instruction. ☎

#### Piano, Violin, Cello, Viola or Mandolin

Private Lessons

Lehi Gertz, B.A.

Wednesday Lessons

Sess. 1: Aug. 31–Sep. 28 (5 weeks)

(Register by: Aug. 29) \$102 GI-F21

Sess. 2: Oct. 5–26 (4 weeks)

(Register by: Sep. 26) \$82 GI-F22

Sess. 3: Nov. 2–30 (5 weeks)

(Register by: Oct. 24) \$102 GI-F23

Sess. 4: Dec. 7–21 (3 weeks)

(Register by: Nov. 28) \$62 GI-F24

Friday Lessons

Sess. 1: Sep. 2–30 (5 weeks)

(Register by: Aug. 29) \$102 GI-F25

Sess. 2: Oct. 7–28 (4 weeks)

(Register by: Oct. 3) \$82 GI-F26

Sess. 3: Nov. 4–18 (3 weeks)

(Register by: Oct. 31) \$62 GI-F27

Sess. 4: Dec. 2–16 (3 weeks)

(Register by: Nov. 28) \$62 GI-F28

30 min. lessons, call 934-3048 to schedule. Times

available are Wednesday at 3–8:30 p.m. and Fridays at

4:30–7 p.m. SPCC Rm. 104

This course is intended to either introduce adults to an  
instrument or help musicians improve their skills. Students  
should bring their instrument; a piano will be provided. Lehi  
has over 13 years of private teaching experience and holds a  
B.A. in music. Stringed instrument rentals are available  
from the instructor—contact Lehi at (507) 327-2130. ☎

### ARTS & CRAFTS CLASSES

#### Canvas & Coffee

Tracy Giza Design

Sess. 1: "Blue Skies"—Thu., Sep. 15, 9–11 a.m.,

(Register by: Sep. 12) Family Fresh Market &

Caribou Coffee—Community Room

(612 S. Minn. Ave.) \$31 GI-F29

Sess. 2: "Hot Java"—Thu., Oct. 20, 9–11 a.m.,

(Register by: Oct. 17) Family Fresh Market &

Caribou Coffee—Community Room

(612 S. Minn. Ave.) \$31 GI-F30

Sess. 3: "Purple Flowers"—Thu., Nov. 17, 9–11 a.m.

(Register by: Nov. 14) Family Fresh Market &

Caribou Coffee—Community Room

(612 S. Minn. Ave.) \$31 GI-F31

Sess. 4: "Red House"—Thu., Dec. 15, 9–11 a.m.

(Register by: Dec. 12) River Rock Coffee—back

room (301 S. Minn. Ave.) \$31 GI-F32

Join us for a relaxing and creative painting class over a hot  
cup of coffee! Each class will start off in an innovative and  
exploratory way painting your very own masterpiece to take  
home. Sip your coffee as we take you on a colorful journey,  
step by step, teaching you tricks and techniques that will  
build your confidence as a new or returning painter.  
All art supplies are provided. Delicious beverages are  
available for purchase at each location. Please arrive  
early to place your order before class begins. See  
www.stpetercommunityedonline.com for examples of each  
painting. (Min. 10, max. 15) ☎



## FILMS ON FIRST THURSDAYS

The Nicollet County Historical Society will once again partner with Saint Peter Commu-  
nity and Family Education to present our eighth season of documentary films starting in  
September. Films are shown every month from September through May. Admission to  
the film series is free for all! The Treaty Site History Center is located one mile north of  
downtown St. Peter at Highways 169 and 22, across from the Mankato Clinic.



### River Revival: Working Together to Save the Minnesota River

Thu., Sept. 8, 7 p.m., Treaty Site History Center, Free.

No Registration required.

47 min., not rated. This is a film about people and  
organizations helping to solve the water quality problems  
facing the state's namesake river. Among the problem-  
solvers are a high school biology teacher and his students,  
a Dakota elder, farmers, experts on urban and agricultural  
drainage, citizen activists, geologists, politicians, amateur  
anglers and fisheries professionals, and more. They are  
representative of the many hundreds of people who live  
and work in the Minnesota River Basin who are working  
together to restore the Minnesota River. The program is  
hosted by Minnesota's premier advocate for the outdoors,  
Ron Schara. *Following the film, executive producer  
John Hickman will be present for a discussion and  
Q&A!*



### Midwife

Thu., Oct. 6, 7pm, Treaty Site

History Center, Free. No Reg-  
istration required.

98 min., not rated. *Midwife*  
follows Minnesota home birth  
midwife, Sarah Biermeier (of  
Geneabirth), during her first  
year as a Certified Professional  
Midwife (CPM). The

documentary quietly shows the life of a home birth  
midwife, from prenatal, to births, to postpartum, while  
also examining what the birth environment looks like in  
states where home birth midwifery is not legal, and  
families are faced with fewer birth options. **Following the  
film, local midwife and owner of River Valley Birth  
Center, Erika Urban, will be present to answer  
questions and discuss the ancient practice of  
midwifery.** Trailer: <https://vimeo.com/71202401>

### Alone in the Wilderness

Thu., Nov. 3, 7 p.m., Treaty Site History

Center, Free. No Registration required.

Not Rated. 57 min. *Alone in the  
Wilderness* tells the story of Dick  
Proenneke who, in the late 1960s, built his  
own cabin in the wilderness at the base of  
the Aleutian Peninsula, in what is now  
Lake Clark National Park. Using color  
footage he shot himself, Proenneke traces  
how he came to this remote area, selected a homestead site  
and built his log cabin completely by himself. The  
documentary covers his first year in-country, showing his  
day-to-day activities and the passing of the seasons as he  
sought to scratch out a living alone in the wilderness.  
**Following the film, local wilderness skills instructor  
Mike Hertel will discuss self-reliance and survival skills!**  
Trailer: <https://youtube.com/IVJKDorkKss>



# ADULT HEALTH & WELLNESS



**Who do you think you are? WEL-F01**  
**Kris Langworthy, The Hokey Pokey Clinic; Get Empowered! Live the Dance!**  
**Thu., Oct. 6, 7-8:30 p.m., SPCC Rm. 102, \$25**  
Do you fear you will not find or fulfill your life purpose? Do you long to find that “sweet spot” in your life? Do you feel trapped in life, unable to move ahead in doing what you “really” want to do? Come join us for an evening of inspiration and encouragement in finding that part of you that makes you “come alive.” Unveil the secret source of your joy and fulfilled life. It’s time to stop dreaming and start living your dreams! It’s time to discover who you are and start living your destiny... TODAY! *Kris is a motivational speaker, chaplain, registered nursing instructor, and the mother of six talented children. She delights in discovering the strengths of others and helping people recognize their unique greatness.* (Min. 6, max. 30. Register by: Oct. 3)

**Self-Care for Caregivers WEL-F02**  
**Kris Langworthy, The Hokey Pokey Clinic; Get Empowered! Live the Dance!**  
**Thu., Nov. 17, 7-8:30 p.m., SPCC Rm. 217, \$25**  
Caregiving can be a rewarding, yet sometimes draining experience, unless you establish effective habits and routines of refreshing and re-charging. Take time to invest in your ability to be the best caregiver you can be. Join us for a discussion and be encouraged by spending time with others who understand your stress. Learn the personal cost of neglecting your own care and how you can avoid it. We will also review ways to implement some simple, inexpensive and yet very effective ways to recharge your personal “battery,” so that you can better care for the ones you love. *Kris is a motivational speaker, chaplain, registered nursing instructor, and the mother of six talented children. She delights in discovering the strengths of others and helping people recognize their unique greatness.* (Min. 6, max. 30. Register by: Nov. 14)

**Real Food. Real Health. Real Style. WEL-F03**  
**Ellen De la torre, Nutritional Therapy Practitioner and owner of The Real Health Stylist**  
**Tue., Sep. 6-27 (4 sessions), 5:30-7 p.m., SPCC Rm. 300, \$32**  
It may sound simple, but did you know that eating real food can bring you real health which leads to you looking and feeling your best? Ellen will discuss the foundational pillars of health (digestion, blood sugar balance, fatty acid balance, mineral balance and hydration) from a Nutritional Therapy perspective. You will learn why the body needs certain nutrients and what can happen if those are lacking. Enjoy sampling, testing and tasting! Be prepared to create your own real you! (*Bring a pen and paper.*) (Min. 4, max. 10. Register by: Aug. 29)

**TIPS & TOOLS FOR NAVIGATING CHANGE AND EMBRACING AGING**  
Join VINE staff members in this three part series of timely conversations sponsored by the Senior Center and Community & Family Education.  
**Register for individual sessions at \$8 each or register for all three and pay only \$20 WEL-F07.**  
**Working through Changes in our Lives WEL-F04**  
**Sylvia McCarty-Scheurer, Licensed Marriage and Family Therapist**  
**Tue., Sep. 27, 6:30-7:30 p.m., SPCC Rm. 217, \$8**  
Change is inevitable as we age. Perhaps you’ve recently lost a spouse or are learning to cope with a new health challenge. Maybe retirement is proving to be a bigger adjustment than you imagined or family caregiving has you feeling overwhelmed. Explore some strategies for managing life’s changes and challenges. (*No min., no max. Register by: Sep. 19*)

**Supporting Family Members and Friends Experiencing Memory Loss WEL-F05**  
**Carol Ries & Joyce Kolbet (VINE Community Living Coaches & facilitators)**  
**Tue., Oct. 4, 6:30-7:30 p.m., SPCC Rm. 217, \$8**  
Join us for *Senior Gems*, a 30 min. DVD presentation featuring aging expert, Teepa Snow. This family-centered video provides an overview of memory impairment diseases, including Alzheimer’s, as well as techniques that make a difference. Discussion will follow. (*No min., no max. Register by: Sep. 26*)

**Five Wishes WEL-F06**  
**Carol Ries & Joyce Kolbet (VINE Community Living Coaches & facilitators)**  
**Tue., Oct. 11, 6:30-7:30 p.m., SPCC Rm. 217, \$8**  
Who will speak for me and make health care decisions in the event that I become incapacitated? This presentation includes a DVD with instructions on how to complete a Five Wishes document. At the end of the presentation participants will have a Health Care Directive to share with family members. (Participants will receive a planning booklet.) (*No min., no max. Register by: Oct. 3*)

**America’s Epidemic: Weight Loss Workshop**  
**Dr. Seth Nelson, D.C., CVSMT**  
**Rising Sun Chiropractic (1520 S. Minn. Ave.)**  
**Thursdays**  
**Sess. 1: Thu., Sep. 22, 5:30 p.m. (Register by: Sep. 19) \$5 WEL-F08**  
**Sess. 2: Thu., Oct. 20, 5:30 p.m. (Register by: Oct. 17) \$5 WEL-F09**  
**Sess. 3: Thu., Nov. 17, 5:30 p.m. (Register by: Nov. 14) \$5 WEL-F10**  
**Sess. 4: Thu., Dec. 15, 5:30 p.m. (Register by: Dec. 12) \$5 WEL-F11**  
Discover the reasons why American’s are overweight, depressed, out of energy, and creating more illness than ever before! Did you know that over 50% of deaths are from obesity related diseases! Learn about breakthrough technology that uses your genetics to help get the weight off and keep it off. (Min. 4, max. 20)

**Half Hour to Health**  
**Dr. Seth Nelson, D.C., CVSMT**  
**Rising Sun Chiropractic (1520 S. Minn. Ave.)**  
**Thursdays**  
**Sess. 1: Thu., Sep. 8, 5:30 p.m. (Register by: Sep. 5) \$5 WEL-F12**  
**Sess. 1: Thu., Oct. 6, 5:30 p.m. (Register by: Oct. 3) \$5 WEL-F13**  
**Sess. 1: Thu., Nov. 10, 5:30 p.m. (Register by: Nov. 7) \$5 WEL-F14**  
**Sess. 1: Thu., Dec. 8, 5:30 p.m. (Register by: Dec. 5) \$5 WEL-F15**  
What key steps are you missing in your health routine? Preventative health choices can make all the difference in your health future. Join us for a powerful presentation that gives you the tools to take back control of your health now and in the future. You’ll leave that night with tools to make changes that will have a lifetime effect. (Min. 4, max. 20)

**YOGA CLASSES**  
**Beginning Hatha Yoga**  
**Tressa Bushaw, RYT**  
**St. Peter Yoga Studio (112 Grace St.)**  
**Sess. 1: Wed., Sep. 14-Oct. 19 (6 weeks) 7-8 p.m. (Register by: Sep. 12) \$48 WEL-F16**  
**Sess. 2: Wed., Nov. 2-Dec. 7, (6 weeks) 7-8 p.m. (Register by: Oct. 31) \$48 WEL-F17**  
Start taking care of YOU. Strengthen your body and calm your mind with yoga! This class is ideal for beginners of all fitness levels and teaches the health benefits of all the basic yoga poses. In this 60-minute gentle yoga class, strength, flexibility, balance and breath work will be the main focal points. This class is ideal for you if you are new to yoga or have been away and need a refresher. Yoga mats provided, wear comfortable clothing. info@stpetyeryoga.com (Min. 8, no max.)

**Zumba®**  
**Sess. 1: Thu., Sep. 8-Oct. 27**  
**Sess. 2: Thu., Nov. 3-Dec. 29 (no class Nov. 24)**  
**6-7 p.m., \$45 per session**  
**SPCC Rm. 310A**  
Zumba® is a fitness class based on an incredibly fun mix of music! Classes are structured to provide an aerobic workout to the beat of Latin music including merengue, salsa, hip hop, mambo and reggae. The steps are easy to follow, the footwork is fun and you will leave feeling energized! The experience will dissolve your stress and leave you smiling! (Min. 8, max. 20)

**Noon Hour Basketball**  
**Mon., Wed., Fri., 12-1:15 p.m., SPCC gym**  
**\$2 at the door or purchase a punch card (10 punches for \$15 or 20 punches for \$25).**  
**SPCC gym**  
Join fellow hoop enthusiasts during this hour workout. Pick-up games with an emphasis on exercise, fun, and team play.

**Community & Family Education Class & Activity Registration Begins Immediately**  
**Recreation & Leisure Services**



**YOGA CLASSES continued**  
**All-Levels Flow Yoga**  
**Tressa Bushaw, RYT**  
**St. Peter Yoga Studio (112 Grace St.)**  
**Sess. 1: Wed., Sep. 14-Oct. 19 (6 weeks) 5:30-6:30 p.m. (Register by: Sep. 12) \$48 WEL-F18**  
**Sess. 2: Wed., Nov. 2-Dec. 7, (6 weeks) 5:30-6:30 p.m. (Register by: Oct. 31) \$48 WEL-F19**  
A flowing yoga class that will strengthen, heal and detoxify the body and mind. This creatively sequenced vinyasa class consists of poses that are linked to breath leaving you feeling refreshed and strong. Previous yoga experience not required. info@stpetyeryoga.com (Min. 8, no max.)

**Embracing Ease WEL-F20**  
**Michele Rusinko**  
**St. Peter Yoga Studio (112 Grace St.)**  
**Tue. & Fri., Sep. 6-Dec. 16, 9-10 a.m.**  
**Punch cards available at Community & Family Education: \$45 (5 punches) OR \$90 (10 punches)**  
Are you looking for a gentle, strength building class that will help you feel relaxed and renewed? Embracing Ease will enable your body to feel more relaxed, while the guided imagery and focus on breath will leave you feeling restored and energized. The class is open to all, yet will specifically include a number of stretching exercises to support mobility for individuals who are recovering from surgeries and other illnesses that have limited their mobility. No previous experience is required. Questions? Contact Michele at (507) 931-4975 (Min. 8, no max.)

**Mindful Living Yoga with Liz**  
**Liz Power Hawkinson, MSW, RYT**  
**St. Peter Yoga Studio (112 Grace St.)**  
**Sess. 1: Mon., Sep. 12-Oct. 31 (8 weeks) 5:30-6:30 p.m. (Register by: Sep. 5) \$56 WEL-F21**  
**Sess. 2: Mon., Nov. 7-Dec. 19, (7 weeks) 5:30-6:30 p.m. (Register by: Oct. 31) \$49 WEL-F22**  
A gentle yoga class in the beautiful St. Peter Yoga Studio with focus on building strength and balance, calming the mind and learning to live in your body with ease and joy. All are welcome. Yoga mats are provided. Don’t try hard... Just try easy! (Min. 8, no max.)

**RED CROSS SAFETY CLASSES**  
**Community CPR: Infant, Child & Adult with AED LS-F05**  
**Mary Powers, R.N.**  
**Wed., Nov. 2, 5:30-8:30 p.m., SPHS Rm. 203, \$87**  
Learn to care for victims of all ages. Topics include rescue breathing and CPR, first aid for choking, and reducing the risk of cardiovascular disease. **Note: this class is not for the professional rescuer. Certification received upon successful completion of course and is valid for two years.** (Min. 4, max. 12. Register by: Oct. 24)

**First Aid LS-F06**  
**Mary Powers, R.N.**  
**Wed., Nov. 9, 5:30-7:30 p.m., SPHS Rm. 203, \$66**  
This course helps students recognize and deal with emergencies, injuries and sudden illness. Students practice several first aid techniques. **Certification received upon successful completion of course and is valid for three years.** (Min. 4, max. 12. Register by: Oct. 31)

## ACTIVE OLDER ADULTS

**Free Pickleball Intro**  
**Thu., Oct. 6, Nov. 3, Dec. 1, 1:30-2:30 p.m.**  
**Call 934-0667 or e-mail jenh@saintpetermn.gov to register**  
*Want to learn the very basics and get to know the game of Pickleball?* The great thing about Pickleball is that it takes such little time to learn how to play. A free one hour lesson will be offered monthly as people are interested. Learn with other like players. It’s a fun game that you can learn quickly and improve the more you play. Lessons are free, but you must contact the Recreation Office to register. (Min. 4)



**Daytime Adult Social/Open Pickleball**  
**Thu., Oct. 6-Dec. 29 (not Nov. 24), 11:30 a.m.-1:30 p.m., SPCC Gym**  
**Seasonal social pass: \$20 (purchase at the Rec office)**  
**At the door: \$3 per person**  
Pickleball is a sport which combines elements of badminton, tennis, and table tennis. The game is easy for beginners to learn, but can be a fast-paced, competitive game for experienced players as well. The court is the same dimensions as a doubles badminton court. The game is played with a hard paddle averaging about 15” long is made typically out of wood, aluminum or composite and the ball is similar to the plastic wiffle ball. If you have never tried Pickleball before we have paddles and balls for you to use. Just show up! (Min. 4)

**P.A.L.S. Partners in Active Living for Seniors**  
**Mon., Wed., Fri., 10-11 a.m.**  
**Sess. 1: Aug. 29-Oct. 7 (no class Sep. 5)**  
**Sess. 2: Oct. 10-Nov. 18 (no class Nov. 11)**  
**Sess. 3: Nov. 21-Dec. 30 (no class Nov. 25, or Dec. 26)**  
**\$25, SPCC Multi-Purpose Rm. 310A**  
Join this health and fitness program designed to encourage older adults be more active, enjoy better quality of life and have fun. All fitness levels welcome. **Call the Senior Center at 934-7434 to register or sign up at the Recreation Office. PALS is sponsored by the St. Peter Senior Center and Nicollet County Public Health.**

# SENIOR CENTER Activities & Services

**St. Peter Community Center, Rm. 219**  
**Sylvia Perron,**  
**Senior Center Coordinator,**  
**Office phone: 934-7434**  
**www.saintpetermn.gov/recreation**

**Saint Peter Area Boomers & Beyond Expo**  
**Thu., Sep. 15, St. Peter Community Center 2-4 p.m.** Vendor tables, flu shots, health screenings, chair massages, refreshments & door prizes.  
**2:30-3:30 p.m.** Entertainment by Pengra & Arsenault in the Senior Center, Rm. 219.  
**4-5 p.m.** Dr. Robert Gazzola, Daniels Health Centerm “Eat, Sleep, Thrive”, Senior Center, Rm. 219.



**Matter of Balance**  
**Thu., Sep. 22-Nov. 10, 1-3 p.m.**  
**No charge, Saint Peter Public Library meeting room**  
Learn to improve your balance, flexibility, and strength to help you manage falls and increase your level of activity. This award-winning program emphasizes practical strategies to manage falls. Call VINE, (507) 386-5586, or the Senior Center, 934-7434, to register. *Sponsored by MN River Area Agency on Aging, Saint Peter Senior Center, and VINE.*

**Breakfast at the River for Seniors**  
**Whiskey River, 8:30-9:30 a.m., \$9 (includes breakfast & tip)**  
Pre-registration is required by calling Saint Peter Community and Family Education (934-3048) or the Senior Center (934-7434).   
**Tue., Sep. 13** Special Guest: Kristine Harmon of Good Samaritan Home Care will be discussing the Lifeline medical alert system and other home care services provided. (*Register by: Sep. 8*)  
**Tue., Oct. 18** Special Guest: Edna Thayer, author of *Mirthful Spirit-Embracing Laughter for Health* will be speaking about “Humor for the Health of It.” (*Register by: Oct. 13*)  
**Tue., Nov. 15** Special Guest: Kristin Ziemke, Board Certified MusicTherapist will be discussing *Music in Therapy...what makes it such a powerful tool.* (*Register by: Nov. 10*)  
**Tue., Dec. 20** Special Guests: Choir Director Scott Hermanson, members of the SPHS choir, and Superintendent Dr. Paul Peterson. (*Register by: Dec. 15*)

**GAC Buffet Lunch for Seniors**  
**Wed., Sep. 14, Oct. 12, Nov. 9, Dec. 14**  
**11 a.m.-12:30 p.m., \$6.75, Gustavus Three Crowns Room. No registration required.**

**Foot Care Clinics**  
**Tuesday morning appointments**  
**Sep. 6 & 20; Oct. 4, & 18; Nov. 1 & 15; Dec. 6 & 20**  
**\$24, SPCC Rm. 215**  
*Call 934-0667 for an appointment.*

**Medicare Part D Enrollment**  
**Thu., Nov. 10, Senior Center, Rm. 219**  
**9 a.m.-4 p.m. Appointments needed.**  
**Call Senior Linkage Line, 1-800-333-2433, to make your appointment**  
Senior Linkage Line staff and volunteers will be available to help you review, choose, and enroll in a Part D plan.

**Medicare & Health Insurance Help**  
**Thu., Sep. 1, Oct. 6, Nov. 3, Dec. 1, 2-4 p.m. Senior Center, Rm. 219**  
Help available for questions on Medicare, supplemental insurance, medication costs, etc. No appointment needed. One-on-one assistance. *Sponsored by MN River Area Agency on Aging.*

**N.A.P.S.**  
**Thu., Sep. 1, Oct. 6, Nov. 3, Dec. 1, 3-4 p.m. Senior Center, Rm. 219**  
The Nutrition Assistance Program for Seniors is available to low-income seniors 60 and older. *Please register ahead by calling 1-800-365-0270. Sponsored by Second Harvest Heartland.*

**Weekly Cards @ the Senior Center**  
**Tuesday 500 at 1 p.m.**  
**Tuesday Bridge at 1:15 p.m.**  
**Thursday Men’s Cards at 1 p.m.**  
**Friday Pfeffer at 1:30 p.m.**

**See Adult Health & Wellness Section for these classes:**  
• **Tips & Tools for Navigating Change & Embracing Aging: a series by VINE**  
• **Self-Care for Caregivers**  
• **Embracing Ease—a gentle, strength-building yoga class**

**See Adult General Interest Section for these classes & events:**  
• **First Films on Thursdays—a monthly documentary series at the Treaty Site History Center.**  
• **St. Peter Food Co-op Cooking Classes**  
• **Computer Classes**

**Bi-monthly Senior Center Newsletter**  
Get all the latest news from the Senior Center. If you would like to receive this free newsletter by mail or e-mail please call 934-7434. Available on line at <http://www.saintpetermn.gov/senior-center>

**Community Senior Services**  
**Nicollet County Senior Transportation**  
Rides provided to seniors in need of transportation to medical appointments. Call 934-7227 at least two days prior to need. *Donations are accepted for this service which is supported in part by Greater Mankato Area United Way.*

**Senior Nutrition Program & Meals on Wheels**  
**Park View Manor, 1010 S. 4th St., St. Peter**  
Anyone over 60 years of age and/or spouse is welcome to enjoy a nutritious lunch. *Reservations for both programs must be made one day in advance by calling 934-8850 between 10 a.m. and 12:30 p.m.*



**Community Center Walking Track**  
Walking is great exercise for everyone! Take advantage of the indoor walking track at the community center. The track circles above the gymnasium and is open during building hours (except Tuesday mornings for maintenance). 13.5 laps equals one mile. Clean walking shoes are necessary. No charge!

**See Aquatics Section for these classes:**  
• **Early Morning Lap Swim/Water Walking**  
• **Afternoon Water Aerobics**

## AARP Driver’s Safety Classes

Course Fees: AARP Members \$18* and Non-AARP Member \$23			
Classes meet in the St. Peter Community Center			
~REFRESHER COURSES~			
	DATE & TIME	LOCATION	ID#
4 hr.	Thu., Oct 6 5:30-9:30 p.m.	Rm. 217	<b>LS-F02</b> (Register by: Oct. 3)
4 hr.	Tue., Nov. 15 1:00-5:00 p.m.	Rm. 217	<b>LS-F03</b> (Register by: Nov. 7)
4 hr.	Tue., Dec. 6 5:30-9:30 p.m.	Rm. 217	<b>LS-F04</b> (Register by: Nov. 28)
~FIRST TIME COURSE~			
	DATE & TIME	LOCATION	ID#
8 hr.	Mon./Tue., Sep. 12 & 13 5:30-9:30 p.m.	Rm. 217	<b>LS-F01</b> (Register by: Sep. 5)
8 hr.	Mon./Tue., Jan.. 16 & 17 1:00-5:00 p.m.	Rm. 217	<b>LS-W01</b> (Register by: Jan. 9)
<b>Register by contacting Community and Family Education at 934-3048, extension ‘0’ or online at <a href="http://www.stpetercommunityedonline.com">www.stpetercommunityedonline.com</a> </b>			
<b>* AARP membership card will need to be presented at the class</b>			



# FALL BROCHURE

## Community & Family Education and Recreation & Leisure Services August–December 2016 Classes & Activities Registration begins immediately

Community Education & Recreation & Leisure Classes & Activities Brochure, published three times a year. 2016 / Issue #3



### Community & Family Education

register online at:  
[www.stpetercommunityedonline.com](http://www.stpetercommunityedonline.com)  
Phone: 934-3048



### City of Saint Peter Recreation & Leisure Services Department

register online at:  
[www.saintpetermn.gov/recreation](http://www.saintpetermn.gov/recreation)



Phone: 934-0667

Saint Peter Community Center  
600 South Fifth Street  
Saint Peter, MN 56082

Nonprofit Org.  
U.S. Postage  
**PAID**  
Permit No. 10  
Saint Peter, MN 56082

POSTAL PATRON  
Saint Peter, MN 56082

## Minnesota Star Watch Class

with WCCO Radio's Mike Lynch

Mon., Sep. 26, 7:45–9:45 p.m.  
SPCC Rm. 219 & Gustavus West Fields  
\$8 per person / \$20 per family

[www.stpetercommunityedonline.com](http://www.stpetercommunityedonline.com)



### Morning School Age Care (SAC)

Starting Aug. 24 for grades K–6  
Mon.–Fri. @ 6:30–8 a.m.

South Early Learning Center  
(North Students will be bussed)  
\$6 per day  
(min. 2 days care/week)

Pick up an application at  
Community & Family Education  
Community Center Room 207



## Community Partners

### Community Youth Athletic Associations

**Bulldog Youth Hockey**  
Chuck Wenner  
president@bulldoghockey.org

**Girls Fastpitch**  
Laura Boomgaarden  
mlboomgaarden@msn.com

**St. Peter Basketball**  
Tony Pierret  
tonypierret@gmail.com

**St. Peter Soccer Club**  
Cinde Wiebusch  
saintpetersoccer.cornerkidsystems.com

**St. Peter Tennis**  
Heidi Carlson  
hcarlson2@gustavus.edu

**St. Peter Volleyball**  
Deb Johnson  
spvajo@gmail.com

**St. Peter Wrestling**  
Chad Larson  
chadlarson1975@gmail.com

**St. Peter Youth Baseball**  
Mike McCarthy  
stpeterbaseball.org

### Community Organizations serving Youth

**Big Partner/Little Partner**  
Dave Newell  
dnewell@gustavus.edu

**Boy Scouts**  
Rene Maes  
remaes@twinnvalleybsa.org

**Creative Play Place**  
Kelly Brancamp  
creativeplayplace@gmail.com

**4-H**  
Katie Johnson  
kvwending@umn.edu

**Girl Scouts**  
girlscouts@girlscoutsvr.org

### JOIN THE SAINT PETER FALL 2016 READ

IN CONJUNCTION WITH GUSTAVUS READING IN COMMON

ETA-NEHISI  
and  
COATES

Jamelle Bouie, a friend of Coates  
who writes about race at *Slate*,  
says: "It's that thinking out loud  
in an intelligent but somewhat  
vulnerable way that's really  
attracted people to him."

BETWEEN  
THE WORLD  
AND ME

for "This is required reading." —Tom Morrison

guest speaker

JAMELLE  
BOUIE

Chief Political Correspondent,  
*Slate Magazine* &  
CBS News Political Analyst

Christ Chapel  
Tue., September 12

7 pm / Public Lecture, Q&A  
Free & open to the public

Books available to BUY: Book Mark,  
Saint Peter Community Education,  
Nutter Clothing, St. Peter Herald,  
Swedish Kontur, Treaty Site History Center

To BUY or BORROW: St. Peter Public Library

For more info:  
[www.facebook.com/StPeterReads](https://facebook.com/StPeterReads)  
<https://gustavus.edu/orientation/readinginCommon.php>

Event Sponsors:



## The Great Candy Cane Hunt

Sat., Dec. 3 All ages with an adult  
Hunt Times: 9–9:10 a.m., 9:30–9:40 a.m.,  
10–10:10 a.m., 10:30–10:40 a.m.

Meet in the SPCC Gym  
Join in "The Great Candy Cane Hunt" at SPCC  
Over 4,000 candy canes to be found while exploring the  
Community Center!

Also on Sat., Dec. 3:

• Little Saints Preschool "Breakfast with Santa"  
Pancake Breakfast at the Church of St. Peter, 7:30–11 a.m.

• Girl Scout Santa Shop  
Community Center/Senior Center.

Bring non-perishable food items for "currency" when your child  
visits the Santa Shop, 9–11 a.m.

## Boomers & Beyond Expo Body, Brain & Being

Thu., Sep. 15 2–5 p.m.

St. Peter Community Center Gym & Senior Center

2–4 p.m. Vendor tables, health screenings, flu shots, free  
chair massages, refreshments, and door prizes.

2:30 p.m. Entertainment by Pengra & Arsenault  
Senior Center, Rm. 219

4 p.m.

Speaker: De. Robert Gazzola, Daniels Health Center,  
"Eat, Sleep, Thrive."  
Senior Center, Rm. 219

This event made possible with funds provided by the  
St. Peter Tourism and Visitor's Bureau

## Swimming at the High School & Community Pool

Early Morning Lap Swim  
& Water Walking  
Starts Mon., Aug. 15  
5:45–7:15 a.m.

Moderate Intensity  
Water Aerobics  
Starts Sat., Oct. 1  
7:30–8:30 a.m.

Aqua Fit Water Aerobics  
Starts Nov. 28  
4–5 p.m. & 6:30–7:30 p.m.

See Aquatics section  
for more information.

### Empowering girls in 3rd–5th grade...



Girls on the Run® uses the power of  
*running* to help prepare girls for a  
lifetime of self-respect and healthy living.

Tue. & Thu., Sep. 6–Nov. 22  
(no class Oct. 20, 25, Nov. 8)

3–5 p.m., SPCC Rm. 310B

Register at [www.mankatoywca.org](http://www.mankatoywca.org)

Program Fee: \$125.

Based on a sliding fee scale determined by household income.

For scholarship information please contact

Amy Jordan at (507) 386-2186 or [amy@ywcamankato.org](mailto:amy@ywcamankato.org).

Community Run/Walk Event

Saturday, Nov. 19, Sibley Park, Mankato

eliminating racism  
empowering women

ywca



Boys in 3rd–5th grade...



STRIDE

STRIDE

uses a fun fitness and running plan  
and focuses on leadership,  
character development, and cooperation

Mon. & Wed., Sep. 14–Nov. 16  
(no class Oct. 31, Nov. 7)

3:15–4:45 p.m., SPCC Rm. 310B

Register at [www.mankatoywca.org/stride](http://www.mankatoywca.org/stride)

Program Fee: \$125

Based on a sliding fee scale determined by household income.

For scholarship information please contact

Amy Luethmers at 387-8255, x. 233 or

[aluthmers@mankatoywca.org](mailto:aluthmers@mankatoywca.org)

STRIDE and Veterans 5k Race  
Saturday, Nov. 19, Mankato

